

ABSTRACT

- 1 Provided here are devices and method for adding weight to a hockey stick blade. The device comprises at least one weight and means for securing the at least one weight to the face of the blade and may further comprise at least one weight holder for holding the weight(s), wherein the at least one weight and/or weight holder fits within the surface area of the blade face to
- 5 which it is secured. The method comprises securing the device to the blade face of a hockey stick and practicing hockey with the stick to which the device has been secured.